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Health benefits of probiotic bacteria

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Probiotics are the live microorganisms, which give reliefs from the gastrointestinal disorders and much more benefits to the human health when taken in required amounts. Probiotics are the good companion to human health and friendly microorganisms to trillions of microbiota which are colonized in the human intestine. Probiotics are mainly bacterial, belongs to the group lactic acid bacteria. Consumption of probiotics during the period of pregnancy may improve the metabolic parameters like insulin levels and cholesterol concentrations. After the pandemic situation it is very common that incorporating the nutritious food in their diet. Many doctors suggest that keeping our gut healthier will

boost our immune system.

Biography

Nemali Nanda Kishore is associated with the Department of Bacteriology at Andhra University, Visakhapatnam, India. He is engaged in academic and research activities in bacteriology and related microbial sciences. His work involves laboratory-based investigations focusing on bacterial characterization and microbial behavior. He actively contributes to departmental research initiatives, seminars, and scientific discussions. His academic interests include pathogenic bacteria, antimicrobial studies, and environmental microbiology. Nanda Kishore aims to advance research in bacteriology and contribute to scientific innovation within the field.